

This roadmap is a recommended semester-by-semester plan of study for this major. However, courses and milestones designed as critical (!) must be completed in the semester listed to ensure a timely graduation.

Critical	Course Subject and Title	Credit Hours	Min. Grade	Major GPA	Attribute	Notes
<b>Semester One [16 Credits]</b>						
!	HED 11570 Personal Health	3	C	■		
!	PEP 15010 Introduction to Physical Education, Fitness and Sport	3	C	■		
!	PEP 15020 Fundamental Movement, Gymnastics and Dance	3	C	■		
	US 10097 Destination Kent State: First Year Experience <sup>1</sup>	1				
	Kent Core Requirement	3				
	Kent Core Requirement	3				
<b>Semester Two [16 Credits]</b>						
Requirement: successful completion of Praxis I Reading (score 156), Writing (score 162) and Mathematics (score 150)						
!	CULT 29535 Education in a Democratic Society	3	C	■		
!	PEP 15015 Development and Analysis of Net Games	3	C	■		
!	PEB Electives <sup>2</sup>	1	C	■		
	COMM 15000 Introduction to Human Communication	3	C		KAD	
	PEP 25026 Overview of Outdoor Pursuits and Adventure Education	3	C	■		
	Kent Core Requirement	3				
<b>Semester Three [15 Credits]</b>						
!	PEP 15011 Development and Analysis of Invasion Games	3	C	■		
!	PEP 15016 Development and Analysis of Target and Field Games	3	C	■		
	HED 20000 Teaching Health to Young Learners	3	C	■		
	HED 21030 Introduction to Health Education	3	C	■		
	ITEC 19525 Educational Technology	3	C	■		
<b>Semester Four [17 Credits]</b>						
!	EPSY 29525 Educational Psychology	3	C	■		
	PSYC 11762 General Psychology	3	C		DD/KSS	
	PEB Electives <sup>2</sup>	2	C	■		
	Kent Core Requirement	3				
	Kent Core Requirement	3				
	Kent Core Requirement	3				
<b>Semester Five [18 Credits]</b>						
Requirement: minimum 2.750 cumulative GPA by end of term; minimum 2.750 major GPA						
!	ATTR 25057 Human Anatomy and Physiology I <sup>2</sup> or EXSC 25057 Human Anatomy and Physiology I <sup>2</sup>	3	C	■	KBS	
	HED 21050 Health Education Theories	3	C	■		
	PEP 25033 Lifespan Motor Development	3	C	■		
	SPED 23000 Introduction to Exceptionalities	3	C	■	DD	
	Kent Core Requirement	3				
	Kent Core Requirement	3				
<b>Semester Six [15 Credits]</b>						
Requirement: apply online for Advanced Study before the second Friday of the term; 2.750 minimum cumulative GPA; minimum 2.750 major GPA						
!	PEP 25025 Teaching in Physical Education	3	C	■		
	HED 32530 Drug Use and Misuse	3	C	■		
	HED 32544 Human Sexuality	3	C	■		
	HED 44543 Administration of School Health Programs	3	C	■		
	PEP 35084 Motor Skill Analysis	3	C	■		
<b>Semester Seven [14 Credits]</b>						
Requirement: apply for student teaching; minimum 2.750 major GPA; minimum 2.750 cumulative GPA						
!	HED 32542 Methods and Applications of Health Education	5	C	■	WIC	
	HED 42041 Health Coaching	3	C	■		
	PEP 35020 Fitness Education	3	C	■		
	SPAD 35065 History and Philosophy of Sport and Physical Activity	3	C	■	WIC	
<b>Semester Eight [15 Credits]</b>						
Requirement: minimum 2.750 cumulative GPA; minimum 2.750 major GPA						
!	PEP 45058 Secondary School Physical Education Methods	3	C	■		
!	PEP 45059 Secondary School Physical Education Content	3	C	■		
	HED 34050 Program Planning and Evaluation in Health Education	3	C	■		
	HED 44544 Sexuality Education Programs	3	C	■		
	HED 44550 Drug Abuse and Violence Education Programs	3	C	■		

Critical	Course Subject and Title	Credit Hours	Min. Grade	Major GPA	Attribute	Notes
<b>Semester Nine [15 Credits]</b>						
Requirement: minimum 2.750 cumulative GPA; minimum 2.750 major GPA						
!	PEP 45051 Elementary School Physical Education Methods	3	C	■		
!	PEP 45053 Elementary School Physical Education Content	3	C	■		
	CI 47330 Reading and Writing in Adolescence/Adulthood	3	C	■		
	NUTR 23511 Science of Human Nutrition	3	C	■	KBS	
	PEP 45037 Adapted Physical Education	3	C	■		
<b>Semester Ten [16 Credits]</b>						
Requirement: minimum 2.750 cumulative GPA; minimum 2.750 major GPA						
!	EDUC 49526 Student Teaching in Health and Physical Education	10	S	■	ELR	
!	PEP 49525 Inquiry into Professional Practice in Physical Education	3	C	■		
!	HED 49525 Inquiry Seminar into Professional Practice	3	C	■		

### Graduation Requirements Summary

Minimum Total Hours	Minimum Upper-Division Hours 30000 – 40000 level course	Minimum Kent Core Hours	Minimum	
			Major GPA	Overall GPA
157	39	36	2.750	2.750

1. US 10097 is not required of transfer students with 25 credits (excluding College Credit Plus and dual-enrollment credit) or students age 21+ at time of admission.

2. PEB Electives (3 credit hours)

**Choose three courses from the following:**

PEB 10020 Develop and Conditioning (1)	PEB 11667 Boot Camp I (1)
PEB 10036 Fitness Walking (1)	PEB 11673 Intermediate Yoga (1)
PEB 10306 Jogging (1)	PEB 11674 Intermediate Pilates (1)
PEB 10403 Beginning Ballroom (1)	PEB 11675 Zumba Toning (1)
PEB 10413 Latin Dance (1)	PEB 12324 Weight Training (1)
PEB 11426 Varsity Sport Training and Conditioning (1)	PEB 12325 Women's Weight Training (1)
PEB 11604 Beginning Karate (1)	PEB 12424 Exercise/Weight Control (1)
PEB 11633 Ju-Jitsu (1)	PEB 12425 Nautilus Exercises (1)
PEB 11634 Self Defense (1)	PEB 13003 Dance Exercise (1)
PEB 11663 Beginning Yoga (1)	PEB 13010 Judo-Ajudo (1)
PEB 11664 Pilates (1)	PEB 13016 Cycling (1)
PEB 11665 Zumba (1)	PEB 13040 Cardio Kickboxing (1)
PEB 11666 Beginning Spinning (1)	

3. Students who have successfully completed BSCI 11010 Anatomy and Physiology in Allied Health I with a C (2.000) grade or better may use that course in place of ATTR/EXSC 25057 Human Anatomy and Physiology I.

**Special Major Notes:**

The Physical Education—Health and Physical Education program (pre-K-to-grade-12 licensure) is designed to be completed in five years and allows students to satisfy a maximum 12 credit hours of program requirements with graduate courses.

Students in Health and Physical Education need to provide evidence of certification in First Aid, CPR and a minimum equivalence to level 5 competency in Red Cross swimming.

**Licensure Requirement (not required for graduation):**

Candidates seeking Ohio licensure are required to pass specific assessments in order to apply for licensure. See Ohio Department of Education-Educator Preparation website for more information on assessments specific to licensure type.

**University Requirements:** Bachelor's degree-seeking students must meet Kent Core (general education requirements), diversity, writing-intensive and experiential learning requirements. For more information about these requirements, please read the following sections in the University Catalog: Kent Core – [www.kent.edu/catalog/kent-core](http://www.kent.edu/catalog/kent-core); Diversity Course Requirement – [www.kent.edu/catalog/diversity](http://www.kent.edu/catalog/diversity); Writing-Intensive Course Requirement – [www.kent.edu/catalog/wic](http://www.kent.edu/catalog/wic); Experiential Learning Requirement – [www.kent.edu/catalog/elr](http://www.kent.edu/catalog/elr).

**Attribute Legend:** **DD** Diversity–Domestic; **DG** Diversity–Global; **ELR** Experiential Learning; **KAD** Kent Core Additional; **KBS** Kent Core Basic Sciences; **KCM** Kent Core Composition; **KFA** Kent Core Fine Arts; **KHU** Kent Core Humanities; **KMC** Kent Core Mathematics and Critical Reasoning; **KSS** Kent Core Social Sciences; **WIC** Writing Intensive